

Park Strengths Workshop Take Away Sheet

ACTION 1: Listen to yourself: List the things you do with ease and that you generally achieve a good result from.

ACTION 2: Ask friends and family what they believe your strengths are. Examples of questions could be: What kind of strengths do I have? What I am good at? In which areas do you think I am better than others?

ACTION 3: Make a list of what you **like** about yourself

ACTION 4: What prior work have you enjoyed and why? Make a list. (This might not just be your current “job” but could include volunteer work or work experience.)

ACTION 5: Find your flow state



ACTION 6: Make a list of three things you have done that have made you proud. Follow with the skills and values you displayed at these times.

1.

Skills/Value:

2.

Skills/Value:

3.

Skills/Value:

ACTION 7: Make a list of your role models think about their strengths and work out if you display any similar

ACTION 8: Consolidate. Consider all that you have documented above and pull together your key strengths.

A REMINDER FROM WIKI

Strength: a natural capacity for behaving, thinking or feeling in a way that allows optimal functioning in the pursuit of valued outcomes.

Flow: a state of existence you reach at times when you are totally absorbed in an enjoyable and fulfilling activity.

**Park**
career shapers

**Work
Happy :)**